

Goole Viking Striders Riverbank Challenge

Start Times: Fun Run 10:00am Riverbank Challenge 11:00am

Venue: Westfield Sports Complex, Westfield Lane, Goole, DN14 5PW

Directions

From the West: Exit M62 Junction 36 head through Goole taking the A614 signposted Howden, cross over the M62 flyover and turn right at the oval roundabout signposted Hook. After approx. 1 mile bear right into Goole Rugby and Tennis Club Sports Complex, entrance located just after the nursing home.

From the East: Exit M62 Junction 37, at Howden Spur roundabout bear left, A614 signposted Goole. Head across the next mini roundabout (Ferryboat Inn) and cross over the river using the Boothferry Bridge. At next oval roundabout bear 1st left, signposted Hook. After approx. 1 mile bear right into Goole Rugby and Tennis Club Sports Complex, entrance located just after the nursing home.

Car Parking: Free in the ground of the Sports Complex please follow the marshals direction. Vehicles and their contents are parked at the owners risk. Please ensure all bags, Sat Navs, Music players, personal possessions are stored out of view.

Registration: Registration desk is upstairs in the Sports Complex for on the day entries and for those who entered online and wished to collect their number personally.

Toilets/Changing: In the Sports Complex, again you are responsible for the safety of your own possessions. There are no toilet facilities on the course.

Start/finish: Both are in the grounds of the Sports Complex, finish in front of the main building.

The Course: Mainly off road riverbank top however there are road sections with junction crossings. Please obey the instructions of the marshals. Please run on the right on the return to the Sports Complex towards the finish. **Please NO mp3/radios/iPods on the course.**

Drink Stations: There are two on the course at approx 2 miles (which you pass twice) and one at six miles.

Retirement: If you have to retire from the event, please stop at a marshal point and we will endeavour to arrange to have you returned to the finish. If you are requested to retire by a marshal please take their advice.

Presentation: Approx. 13:30 outside the Sports Complex (weather permitting) or in the bar otherwise. Prizes for 1st, 2nd and 3rd Male and Female after the race. The age category prizes will be sent posted out after the race.

Refreshments: Tea/Coffee available all the day, BBQ from 11:00, bar opens from 12:00

First Aid: facilities will be provided for runner safety

Age Limit - There is a strict age limit of 16 on the main race.

Hope you enjoy the day, any queries please contact **stevejubes@talktalk.net**